

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listing of claims in the application:

CLAIM LISTING:

Claims 1-5: (Canceled).

6. (Currently amended) A helmet suitable for wearing on a head of a user, the helmet comprising:

an outer helmet with a head-protection part which essentially covers a side, top and back of the head; and

a chin guard in front of a lower part of a face of the user and a transparent visor which covers a field of vision of the user; and

~~an inner helmet which is connected to the outer helmet, said inner helmet abutting against the user's head;~~

wherein said chin guard and said visor are individually pivotably connected about a pivot point on each side of the ~~head-protecting~~ head-protection part,

said visor moving within the ~~an inside portion of the head-protecting head protection~~ part of the helmet and said chin guard moving within the visor.

7. (Currently amended) A helmet according to claim ~~[[1]]~~ 6, wherein at the visor and chin guard, a clutch mechanism is provided which permits individual movement of said chin guard and visor about the pivot point on the head-protection part of the helmet.

8. (Currently amended) A helmet according to claim [[1]] 6, wherein the pivot point and the attachment point for the visor and the chin guard comprises a bolt connection with a self locking nut.

9. (Currently amended) A helmet according to claim [[2]] 7, wherein the pivot point and the attachment point for the visor and the chin guard comprises a bolt connection with a self locking nut.

10. (Currently amended) A helmet according to claim [[1]] 6, wherein, on an inside portion along a front edge of the head-protecting part, a bar or strip is provided which flexibly abuts against an outside portion of the visor.

11. (Currently amended) A helmet according to claim [[1]] 6, wherein said chin guard and visor are individually pivotably connected concentrically about a pivot point on each side of the head-protection part.